

Coaches:

• Andrea Carney, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END		TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ TBD	8:30 AM	Track	Departure Point: High School Departure Time: 9:00 AM	NL
Sep 14, 2019	Sat	Regular Season (XC Invite)	Vernon-Verona- Sherrill, Whitesboro, Hilton, Adirondack, Clinton, Edmeston (Edmeston/Morris), Herkimer, Notre Dame, Utica, Oneonta, Utica Proctor, Hamilton	9:00 AM	Cross Country Course (Perry JH)		NL
Sep 17, 2019	Tue	Regular Season	Central Valley Academy @ Whitesboro	4:00 PM	Deerfield Town Wilderness Park	Departure Point: High School Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	L
Sep 21, 2019	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD	Bville - Durgee Cross Country Trail	Departure Point: High School Departure Time: 9:00 AM Return Date: Return Time: 4:30 PM	NL
Sep 25, 2019	Wed	Regular Season	Vernon-Verona- Sherrill	4:00 PM	Cross Country Course (Perry JH)		L
Sep 28, 2019	Sat	Regular Season (E. J. Herrmann Invitational)	@ TBD	TBD	Proctor Park	Departure Point: High School Departure Time: 10:15 AM Return Date: Return Time: 2:30 PM	NL
Oct 1, 2019	Tue	Regular Season	Oneida @ Notre Dame, Utica	TBD	TBD	Departure Point: High School Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	L

DATE	WEEK DAY	⁽ ТҮРЕ	OPPONENTS	START EI TIME TI	ND ME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Altmar-Parish- Williamstown (APW Rebels), Central Valley Academy, Holland Patent, Corcoran (Syracuse West), Canastota, Vernon-Verona- Sherrill, Cooperstown, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Utica Proctor, Waterville @ Whitesboro	8:30 AM	Deerfield Town Wilderness Park	Departure Point: High School Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	NL
Oct 8, 2019	Tue	Regular Season	Rome Free Academy @ Camden	4:00 PM	Camden Cross Country Course	Departure Point: High School Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	L
Oct 12, 2019	Sat	Regular Season (Burnt Hills Invitational)	@ TBD	9:15 AM	Saratoga Spa State Park	Departure Point: High School	NL
Oct 22, 2019	Tue	Regular Season (TVL Championship)	Central Valley Academy, Camden, Notre Dame, Utica, Rome Free Academy, Oneida, Utica Proctor, Vernon-Verona- Sherrill @ Whitesboro	4:25 PM	Deerfield Town Wilderness Park	Departure Point: High School	L
Oct 26, 2019	Sat	Regular Season (John Bernard (Adirondack) Invitational)	@ TBD	8:15 AM	Adirondack HS	Departure Point: High School	NL
Nov 9, 2019	Sat	Post-Season (Sectionals)	@ TBD	TBD	Cross Country Course	Departure Point: High School	NL
Nov 16, 2019	Sat	Post-Season (States)	@ TBD	11:30 AM	SUNY Platttsburgh	Departure Point: High School Departure Time: 8:30 AM	NL

Date: 2024-05-19